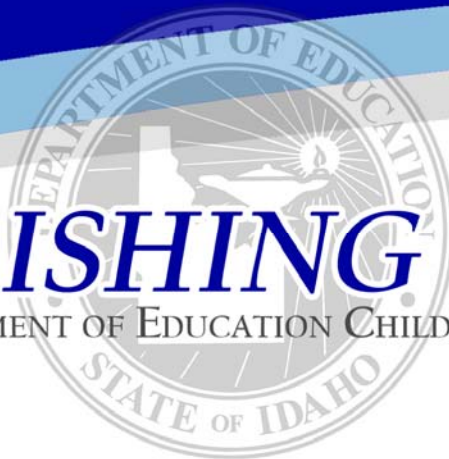




NOURISHING NEWS

IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS



VOLUME 2, ISSUE 1

AUGUST 2007

This publication has been sent to all School Food Service Directors and School Food Service Kitchen Managers.



HEALTHY MEALS FOR EVERY CHILD, EVERY DAY!

A message from the Director



The Idaho State Department of Education, Child Nutrition Programs is pleased to continue the publishing of the "Nourishing News." These monthly newsletters will provide information to all Child Nutrition Programs from employee professional growth to USDA compliance and updates in regulation. We will be implementing several projects throughout the upcoming months that focus on empowering the CNP sponsors. Our office is dedicated to provide training and

learning opportunities, which will have a sustained and long-term impact on the program and increase program integrity. While we have regional trainings that are being offered throughout the State and reach a large number of CNP sponsors, this newsletter will be used to reach even more. Please let us, in the state CNP area, know if there are any suggestions for future topics so these specific areas can be addressed.

gun. All CNP staff will be moved to temporary locations and we will experience times of intermittent telephone connectivity and coverage. We ask for your understanding and patience during this time. If you find there are times that you cannot reach us by telephone, please contact us by e-mail. Please let us know if you have any questions or concerns throughout this process.

Sincerely,

Colleen Fillmore, PhD, RD, LD
Director, Child Nutrition Programs

As a special note, a remodeling project to modernize the State Department of Education has be-

Upcoming Events



- * Twin Falls August 1-2, 2007
 - * Caldwell August 8-9, 2007
 - * Pocatello August 15-16, 2007
 - * Lewiston August 20-21, 2007
 - * Post Falls August 22-23, 2007
 - * Idaho Falls August 29-30, 2007
- To sign up for one of these valuable regional trainings please go to:
<http://www.databasesdoneright.com/nutrition>.

Federal Reimbursement Rates

The Federal rates of reimbursement are as follows:

LUNCHES

- \$0.23 for qualified paid
- \$2.07 for qualified reduced price
- \$2.47 for qualified free

AFTERSCHOOL SNACKS

- Sites less than 50% low income
- \$0.06 for qualified paid
- \$0.34 for qualified reduced
- \$0.68 for qualified free
- Sites more than 50% low income
- \$0.68 for qualified free

BREAKFAST

- \$0.24 for qualified paid
- \$1.05 for qualified reduced price
- \$1.35 for qualified free

SEVERE NEED BREAKFAST

- \$0.26 Additional reimbursement for free & reduced price

SPECIAL MILK

- \$0.17 basic rate for special milk served to all children. Full cost for milk served to children qualified on a free milk application

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CIRCULATE TO:

- ☐ Superintendent ☐ Principal ☐ School Nurse
☐ Health Teacher ☐ Kitchen Staff



Is Your School Ready to Celebrate a Healthy Harvest?

September is Idaho's Healthy Harvest Month. This is a great time to celebrate Idaho foods, healthy eating, and to market your programs to students and staff. Idaho provides a wide variety of healthy foods to celebrate, including fruits, vegetables, low-fat dairy foods, whole grains, and lean meats.



The Department of Education is partnering with the Department of Agriculture to help schools throughout Idaho celebrate a Healthy Harvest. Look for more information about this in next month's newsletter.



Anna Mae Florence, RD, LD Coordinator

Where did the summer go? Here we are back at school again. If that isn't our attitude, I'm sure it's the students'.

**BACK
TO
SCHOOL**

So what is new? What will the 2007-2008 school year bring? You can find it all in the Idaho Food Service manual.

For those of you who are new directors or supervisors, the manual is a book with 27 chapters that include all the rules and regulations the USDA requires for sponsors on the National School Lunch Program. Each of you will be receiving one of these

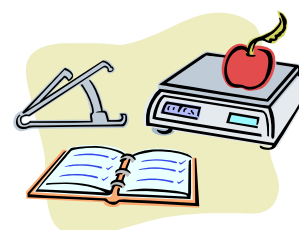
manuals. If you attend one of the **Preview the Review** classes you will be the first to receive one.

Remember, **Preview the Review** is not just for a district going through a CRE this year, but it is an overview of all the regulations the USDA requires for NSLP programs. New and experienced directors and supervisors have benefited from attending this class. It is not too late to sign up. Log onto the training section of our website to sign up and plan to be there. Regional workshops are going on all over the state throughout August. Take advantage of this training opportunity coming to your area. If you cannot attend a class, a manual will be sent to you. Pull

Preview the Review

the contents of your old manual out and place the new manual in the binder. Also, for your convenience the manual is on our website.

Here's to a successful and fun new school year!



Colleen Fillmore, PhD, RD, LD Director, Child Nutrition Programs

Commodity Corner: Mozzarella Pilot Program

We have exciting news for all CNP sponsors that participate in the USDA Commodity Food Distribution Program. We will be offering two rebate programs using mozzarella cheese. The two companies participating in this program are:

- Schwan's Food Service, Inc.
- ConAgra



Our office has sent a list of approved products for you to look over from both of these companies. For each product, there is an amount of cheese used to produce it. You will receive a credit for that amount of cheese. This program is not mandatory and if you are not interested in purchasing any of these products you need to contact Dennis at 208-332-6831 as soon as possible. He will remove your name and reallocate your cheese allocation so others can use it. This program will not affect your entitlement whether you participate or not. You will receive the normal amount of cheese through the state, as in the past. These two companies will be contacting you concerning this program,



providing you with instructions, and other information. Because this program is a pilot and the products are not ordered through the state office, your ordering and exchange of information will be between you, your food distributors and the processors. Please contact our office if you have any questions.

Heidi Martin, RD, LD
Coordinator

Cafeteria Celebrations

There are **several** reasons to celebrate special events in your cafeteria this school year.

- Cafeteria celebrations help draw attention to your program.
- They are a way to let everyone see the excellent job you do.
- They attract more of your students, teachers, and administrators to your program.

Important dates that you can celebrate in your Child Nutrition Program have been added to the 2007-2008 CNP Calendar that is provided in this newsletter. Take advantage of these special events; they are a good opportunity to market your programs.



September: Idaho's Healthy Harvest

October 15 - 19: National School Lunch Week: Vote for School Lunch

March 3 - 7: National School Breakfast Week: Fuel Your Imagination

March: National Nutrition Month

May 5-9: Child Nutrition Employee Appreciation Week

For more event or celebration ideas, visit Team Nutrition's Event Calendar at:

<http://teamnutrition.usda.gov/Resources/Calendar/index.htm>.

The School Nutrition Association also has a promotional calendar with celebration ideas at:

<http://docs.schoolnutrition.org/tools/07promocalendar/index.asp>.



Healthy Harvest School Contest

A Healthy Harvest contest will take place for the best Healthy Harvest Celebration at an Idaho school. Prizes donated by the Idaho Preferred Program will be provided to top placing schools.

Coming Soon!!

Be on the lookout for Healthy Harvest celebration ideas and contest information that will be mailed to each school foodservice manager and director in Idaho.

Anna Mae Florence, RD, LD
Coordinator

Wellness: Schools seem to be on the Right Track

Did you hear that research suggests children are prone to increased weight gain during the summer?

Researchers are not exactly sure why this occurs but it has some scientists saying that schools seem to be on the right track. The Wellness Policies that school districts are responsible for implementing may attain even more credit for keeping kids fit because the research that was conducted was done prior to the enactment of the Wellness Policy law.



Maybe this information is just what is needed to get the Wellness team excited about meeting again this year. Implementing the Wellness Policy is one thing; evaluating and improving the policy is another. Some of the districts admittedly began the Wellness Policy using baby steps; maybe it is time to step it up.

Evaluate what worked and determine what is needed next. Look for ideas in the Idaho Wellness

Best Practice magazine. A copy is going to be sent to all districts.

Coming Soon!!!



The magazine contains:

◇The results of the Idaho Wellness survey,

◇Nutrition education reproducibles,

◇Best practice ideas from other districts, and more.



New Members to Idaho Child Nutrition Programs

We would like to welcome and introduce our new administrative assistant in the Child Nutrition Programs, Erin Tiede, and our new cadre Rachel Johns.

Erin started in her new position on June 10, 2007. She provides administrative support for the coordinators of the Child and Adult Care Food Program, the Simplified Summer Food Program, and the Team Nutrition Grants.

Before starting her position in the Child Nutrition Programs, Erin worked for county government and the private industry as a legal assistant.

Erin has many different hobbies and interests. Some of her interests include cooking, gardening, reading, geocaching (ask her what that's all about), and travel. She is excited to be here and we are excited to have her! Welcome Erin!!



Our new cadre, Rachel, started her new position in July 2007. She is originally from Boise, although she attended school in Eastern Idaho. She graduated from Idaho State University in May 2006 and recently finished up her dietetic internship on May 11, 2007. This is her first year as a cadre.

Currently, Rachel is busy getting ready to take her Registered Dietitian exam. Her love for school foodservice comes from her time spent with the Pocatello/Chubbuck school district during her dietetic internship.

Rachel enjoys camping, hiking and, thanks to a strong influence from her husband, recently began fishing. Welcome to the team, Rachel!



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